NEW EDITION. (200th thousand.)

PLEURISY

SPEEDWELL

POTTER'S POPULAR HERBAL AND FAMILY MEDICAL GUIDE.

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WAKE ROBIN

VALERIAN

PRICE TWOPENCE.

THE REAL Dandelion Coffee.

FOR many years numerous mixtures of Chicory, Date Stones, Acorns, and other rubbish have been foisted on to the public under the name of Dandelion Coffee. Such mixtures have no right to the term "Dandelion Coffee," seeing that in many cases there is neither Dandelion nor Coffee in their component parts, and their sale has caused the REAL and genuine article to come under a cloud. The counterfeit has passed for the true, proved useless as a digestive beverage as well as nauseous to the taste, and, in consequence, the people have become disgusted with every preparation sold under this name.

This is a TREMENDOUS PITY, because genuine Dandelion Coffee is undoubtedly one of the finest dietetic drinks for dyspeptics and the most healthful substitute for Tea and Coffee. Properly prepared it makes a most palatable beverage, and may be taken for Breakfast, Tea, or Supper.

Dr. Thompson's Dandelion Coffee is guaranteed absolutely pure. It contains neither Chicory nor ordinary Coffee, but is made by a special process from pure Dandelion Root only.

Dr. Thompson's Dandelion Coffee is a natural beverage without any injurious effects. Both Tea and Coffee are known to exert a deleterious influence on the Nerves and Digestive Organs. This Dandelion Coffee, however, exercises a stimulating influence over the whole system, helping the Liver and Kidneys to do their work, and keeping the Bowels in a healthy condition.

Its advantages to Dyspeptics and to all suffering from weakness of Digestive Organs are unequalled.

Directions for Use.—One teaspoonful to half a pint of water, adding Milk and Sugar as agreeable, to be made in the usual way of making Coffee.

ASK FOR

Dr. Thompson's Dandelion Coffee,
In 1/- and 1/9 Tins.

SOLD BY ALL HERBALISTS & CHEMISTS.

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INDEX.

	PAGE
Abscess	16
Amenorrhœa	16
Asthma	16
Bad Legs	16
Bile	16
Biliousness	16
Black Eye	16
Bleeding from Nose	16
Boils	17
Books	47
Bronchitis	17
Bruises	17
Burns	17 & 36
Cascara	35
Chapped Hands	17
Chicken Pox	17
Chilblains	17 & 36
Colds	17
Colic	18
Composition Powder	40
Concise Family Guide	16 to 22
Constipation	18 & 35
Convulsions	18
Corns	18
Coughs	18
Cramp	18
Croup	18
Deafness	19
Diarrhœa	19 & 36
Diet	25
Dropsy	19
Felons	19
Fevers	19
Gout	19
Gravel	19
Gumboil	20
Headache	20
Hysteria	20
Indigestion	20
Influenza	20
Kidneys	20
Measles	38
Medical Botany	42
Mumps	20
Nettle Rash	21
Neuralgia	21
Old and New Remedies (Illus.)	25 to 33
Philosophy of Medical Botany	42
Piles	21
Popular Herbal Remedies (Illus.)	2 to 14
Quinsy	21
Rheumatism	21
Ringworm	21
St. Vitus' Dance	21
Scalds	17
Sciatica	21
Slippery Elm	34
Sore Eyes	21
Sore Throat	22
Spitting Blood	43
Sprains	17
Stomach, The (Illus.)	15
Thrush	22
Warts	22
Weak Eyes	22
Whitlows	19
Whooping Cough	22
Witch Hazel	39
Worms	22

Alphabetical List of Herbal Remedies.

Aniseed *(Pimpinella anisum)*. Aromatic, carminative, and pectoral. A good remedy for flatulent colic, and useful also to flavour cough medicines and lozenges.

Agrimony Herb *(Agrimonia eupatoria)*. A mild astringent, tonic, and diuretic. Useful in coughs, diarrhœa, and relaxed bowels.

Angelica Herb *(Angelica Archangelica)*. Stimulant, carminative, diaphoretic, expectorant. A good remedy for colds, coughs, pleurisy, wind, colic, gout, rheumatics, and diseases of the urinary organs. Is generally combined with other herbs.

Arrach Herb *(Chenopodium olidum)*. Anti-spasmodic, emmenagogue. Used principally for promoting and regulating the menses.

Avens Herb *(Geum urbanum)*. Astringent, antiseptic, tonic. Useful in diarrhœa, dysentery, bleeding of stomach or lungs. Makes a wash for spots on the face.

Balm Herb *(Melissa officinalis)*. Stimulant, carminative, tonic, diaphoretic. Good for fevers, colds, headache, and nervousness.

Balmony (see page 27).

Barberry Bark *(Berberis vulgaris)*. Tonic, purgative, antiseptic, Valuable in jaundice, liver complaints, biliousness, &c.

Bayberry Bark *(Myrica cerifera)*. A powerful stimulant, also astringent. Should be given in cases of coldness, clamminess, and chill, generally in combination with Chillies. A good cleanser of the stomach and cure for diarrhœa (see also page 27).

Bistort Root *(Polygonum bistorta)*. Strong astringent and styptic. Excellent in diarrhœa, bleeding piles, and hæmorrhage from the lungs and stomach.

Blackberry Leaves *(Rubus villosus)*. Mild astringent. A pleasant remedy for children's diarrhœa.

Blood Root (see page 27).

Blue Flag Root *(Iris versicolor)*. Cathartic, emetic, diuretic, alterative. Of much utility in rheumatism, dropsy, constipation, impurity of blood, &c.

Boneset Herb *(Eupatorium perfoliatum)*. Diaphoretic, laxative, tonic, febrifuge, and expectorant. Splendid medicine in all fevers ; also in catarrh and skin diseases.

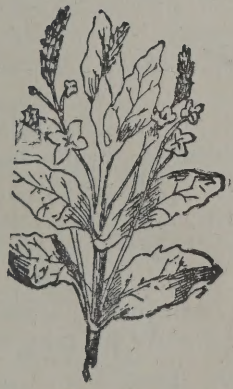
Brooklime Herb *(Veronica beccabunga)*. Alterative and diuretic. Given in scurvy, poorness, and impurity of blood.

Broom Herb *(Spartium scoparium)*. A certain diuretic. Used in dropsy, gravel, and bladder affections.

Buchu Leaves *(Barosma betulina)*. Diuretic, diaphoretic, and stimulant. Used in all affections of urinary organs, gravel, and inflammation.

ANGELICA

BUCKBEAN



BROOKLIME

BAYBERRY

Buckbean or Bogbean *(Menyanthes trifoliata)*. Bitter tonic. A very valuable remedy in rheumatism, scurvy, indigestion, fevers, dropsy, &c.

Burnet *(Sanguisorba Officinalis)*. Astringent tonic. Used in diarrhœa, hæmorrhage, &c.

Butternut Bark *(Juglans cinera)*. Cathartic, tonic, vermifuge. A good general aperient. Should be given in Fluid or Solid Extract.

Burdock Herb *(Arctium lappa)*. Alterative, emollient, diaphoretic. In all skin diseases a certain remedy. Makes a good cleansing poultice.

Burdock Seeds *(Arctium lappa)*. Diuretic, Nervine, and tonic. Used for inflammatory conditions of the bladder, kidneys, &c., and also for fits, convulsions, &c.

Burdock Root *(Arctium lappa)*. Possesses same qualities as the Herb, but is much stronger.

Camomile Herb *(Anthemis nobilis)*. Diuretic, tonic, emetic, diaphoretic. Used for indigestion, female disorders, spasms, &c.

Camomile Flowers. Possess same properties as the Herb. By themselves, or with equal quantity of broken Poppy heads, they make a soothing poultice in neuralgia, burns, sprains, &c.

Calumba Root *(Jateorhiza columba)*. A bitter tonic without astringency. Valuable in all cases of dyspepsia, weakness of stomach, &c.

Cascarilla Bark *(Croton eleuteria)*. Tonic, digestive. Admirable tonic in fevers, flatulence, dyspepsia, diarrhœa.

Cayenne *(Capsicum)*. Stimulant, cathartic, rubifacient. For chills, colds, fevers and as a general stimulant.

Centaury Herb *(Erythrœa centaurium)*. Tonic, stomachic, emmenagogue. An excellent general tonic. Used extensively in dyspepsia, jaundice, and female irregularities,

Cinnamon Bark *(Cinnamomun zeylanicum)*. Aromatic, carminative, astringent. Generally used in conjunction with other drugs for diarrhœa, flatulence. &c.

Clivers Herb *(Galium aparine)*. Diuretic, tonic, alterative. A solvent of gravelly deposits in the bladder. Most valuable in obstructions of urine, &c.

Cloves *(Eugenia caryophyllata)*. Aromatic, stimulant, carminative, Generally used with other herbs for flatulence, nausea vomiting, and as a flavouring agent.

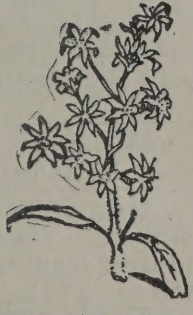
Coltsfoot Leaves *(Tussilago farfara)*. Demulcent, emollient, and expectorant. A popular and reliable remedy for coughs.

Comfrey Leaves *(Symphytum officinale)*. Demulcent, astringent. A gentle remedy in cases of diarrhœa. Good also for coughs.

Comfrey Root. Demulcent, expectorant, astringent. Highly esteemed for all pulmonary complaints, consumption, bleeding of lungs, &c.

CRANESBILL

CELANDINE



GOLDEN ROD

EYEBRIGHT

Cranesbill Herb *(Geranium maculatum)*. Astringent, tonic, styptic. Valuable in hæmorrhages, fluxes, chronic and mucous discharges.

Cranesbill Root. Same properties as Herb but much stronger. As a styptic in internal and external bleeding, it is especially good.

Cudweed or Cottonweed *(Gnaphalium uliginosum)*. Astringent, discutient. Very useful in quinsies, mumps, &c. Also a good gargle for ulcerated and sore throats.

Dandelion Herb *(Taraxacum officinale)*. Diuretic, tonic, aperient. Useful in all liver and kidney disorders.

Dandelion Root. Properties same as Herb, to which it is generally preferred. (See inside front cover for Dr. Thompson's Dandelion Coffee).

Devil's Bit *(Scabiosa succisa)*. Diaphoretic, demulcent, and febrifuge. Good remedy for coughs, fevers, and inflammations.

Elder Flowers *(Sambucus niger)*. Diaphoretic, sudorific, emollient. Chiefly used as a wash for chaps, soreness, the eyes, and complexion.

Elecampane Root *(Inula Helenum)*. Diaphoretic, diuretic, alterative. A remedy for coughs, consumption, and pulmonary disorders generally.

Eyebright *(Euphrasia officinalis)*. Tonic astringent. Makes a good wash for inflamed eyes, dimness and weakness of sight.

Featherfew or Feverfew Herb *(Chrysanthemum parthenium)*. Aperient, carminative, bitter. Used to promote the menses, remove worms, and in hysteria.

Fennel Seed *(Fœniculum dulce)*. Carminative. Used in flatulency, and as a flavouring agent.

Figwort Herb *(Scrophularia nodosa)*. Diuretic, alterative. Most valuable in all skin diseases and blood impurities.

Fumitory Herb *(Fumaria officinalis)*. Tonic, diuretic, aperient. Used in liver and stomach derangements.

Gentian Root *(Gentiana lutea)*. The most popular of tonics. Should be given in all cases of digestive weakness, general debility, female disorders, hysteria, &c.

Germander Herb *(Teucrium chamædrys)*. Stimulant, aromatic, tonic. Used in gout, rheumatism, and asthma.

Ginger *(Zingiber officinale)*. Stimulant, carminative. Used in the treatment of dyspepsia, colic, and largely in the compound of powders.

Golden Rod Herb *(Solidago Virgaurea)*. Astringent, styptic. Used in diarrhœa, purging, bleeding of bowels, lungs, &c.

Golden Seal *(Hydrastis Canadensis)*. Tonic, laxative and alterative, having special action on mucous membrane. Used in dyspepsia, gastric catarrh, loss of appetite, and liver troubles. Also applied as a lotion for ulcers, sores, &c., and as an injection.

Ground Ivy Herb *(Glechoma hederacea)*. Diuretic, tonic, pectoral. Given in coughs, urinary affections, sore throat, &c.

ERINGO

CENTAURY

COMFREY

CAMOMILE

Groundsel *(Senecio vulgaris)*. Diuretic, diaphoretic. Acts as a gentle emetic for children.

Hops *(Humulus lupulus)*. Tonic, nervine, anodyne. Good in dyspepsia, nervousness, sleeplessness, fevers, &c.

Horehound Herb *(Marrubium vulgare)*. Pectoral, stimulant, tonic. Valuable for coughs, colds, and pulmonary complaints.

Hyssop Herb *(Hyssopus officinalis)*. Stimulant, diaphoretic, carminative, tonic. Used for coughs, colds, consumption, hoarseness, and for measles, fevers, &c., of children.

Juniper Berries *(Juniperus communis)*. Diuretic, diaphoretic. Used in all kidney disorders and bladder affections, dropsy, gout, &c.

Kola (see page 31).

Ladies' Mantle *(Alchemilla vulgaris)*. Astringent, styptic. Excellent for female diseases, especially where there are excessive discharges.

Liquorice Root *(Glycyrrhiza glabra)*. Demulcent, emollient, expectorant. Used in coughs, consumption, and chest complaints.

Liverwort *(Lichen caninus)*. Mucilaginous, astringent, pectoral. Used for the liver, spleen, jaundice, &c.

Lobelia (see page 31).

Lungwort *(Sticta pulmonaria)*. Demulcent, mucilaginous, pectoral. Valuable in all pulmonary complaints, coughs, &c.

Mandrake Root *(American)* (see page 31).

Marshmallow Leaves *(Althæa officinalis)*. Demulcent, emollient, expectorant. A popular remedy for coughs, bronchitis, &c. Useful also in urinary disorders, and as a healing poultice.

Meadowsweet Herb *(Spirea ulmaria)*. Sub-tonic, astringent. Used in diarrhœa, infantile stomach disorders, and as a spring and autumn medicine.

Motherwort *(Leonurus cardiaca)*. Tonic, anti-spasmodic, nervine, emmenagogue. Specially valuable in female weaknesses. Promotes menstruation. Is a tonic in heart disease.

Mountain Flax Herb *(Linum catharticum)*. Aperient, cathartic. Makes a certain and safe aperient medicine.

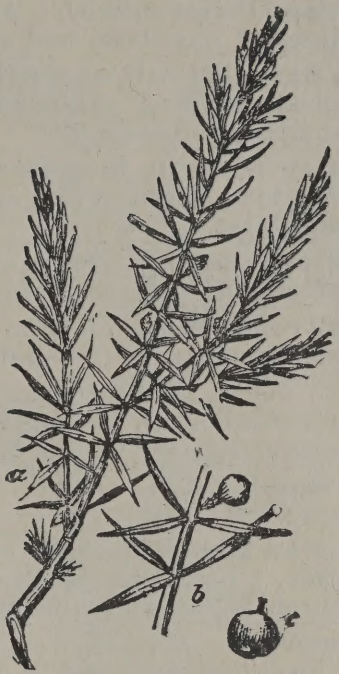
Mousear Herb *(Heiracium pilosella)*. Sudorific, tonic, expectorant. Principally used in coughs and lung affections. A specific for whooping cough.

Mugwort Herb *(Artemesia vulgaris)*. Antibilious, tonic, emmenagogue. Induces perspiration, promotes the menses, and acts on the urinary organs.

Mullein Herb *(Verbascum thapsus)*. Demulcent, astringent, pectoral. Highly esteemed as a remedy for consumption, and pulmonary diseases in general.

Myrrh *(Commiphora myrrha)*. Tonic, stimulant, expectorant. Used as a wash for the gums and as a healing application for minor wounds; also, internally for dyspepsia, chronic catarrh, &c.

MEADOWSWEET



JUNIPER BERRY & PLANT

PENNYROYAL

HYSSOP

Nettles *(Urtica dioica)*. Astringent, tonic, diuretic. Useful in internal bleedings, and stomach and bladder complaints.

Oak Bark *(Quercus robur)*. Astringent, tonic, antiseptic. Makes a good cleansing gargle in sore and putrid throat. Useful in diarrhœa.

Parsley Piert or Breakstone *(Alchemilla arvensis)*. Diuretic. Largely prescribed for gravel, stone, and all kidney and bladder affections.

Pellitory Herb *(Parietaria officinalis)*. Diuretic, expectorant. Very efficacious in diseases of the urinary organs, stone, gravel, &c.

Pennyroyal Herb *(Mentha pulegium)*. Diaphoretic, stimulant, emmenagogue. Used for fever, measles, female irregularities, whooping cough, &c.

Peppermint *(Mentha piperita)*. Stimulant, carminative, antispasmodic. For flatulency, wind, colic, and as an infant's cordial.

Periwinkle *(Vinca major)*. Astringent, tonic. Recommended as a cure for diabetes.

Peruvian Bark *(Cinchona succirubra)*. Tonic, astringent, febrifuge. Useful in gastritis, dyspepsia, general debility, and all chronic diseases requiring a tonic.

Pilewort *(Ranunculus ficaria)*. Recommended especially for piles. The decoction should be drunk freely, at the same time applying Witch Hazel Ointment to the parts affected.

Pinus *(Pinus Canadensis)*. Astringent. Used internally for diarrhœa, and as a lotion in leucorrhœa, prolapsus, &c.

Pleurisy Root (see page 32).

Polypodi Root *(Polypodium vulgare)*. Expectorant, demulcent. Excellent remedy in coughs, asthma, catarrh, and consumption.

Poplar Bark *(Populus tremuloides)*. Tonic, diuretic. Used in place of Peruvian Bark in all cases of debility, indigestion, faintness, &c.

Prickly Ash (see page 32).

Prince's Pine or Pipsissewa *(Chimaphilla umbellata)*. Antiscorbutic and diuretic. Used in the treatment of scrofula, rheumatism, urinary disorders, cancers, &c. Generally combined with other remedies.

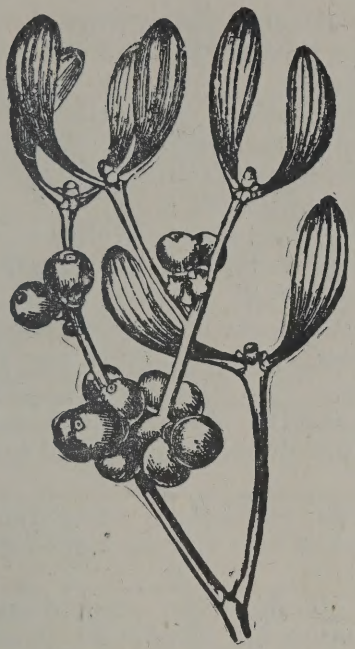
Quassia Wood *(Picræna excelsa)*. A pure tonic. Used in dyspepsia, fevers, &c.

Queen's Delight Root *(Stillingia sylvatica)*. Strongly alterative. For all skin diseases, scrofula, &c.

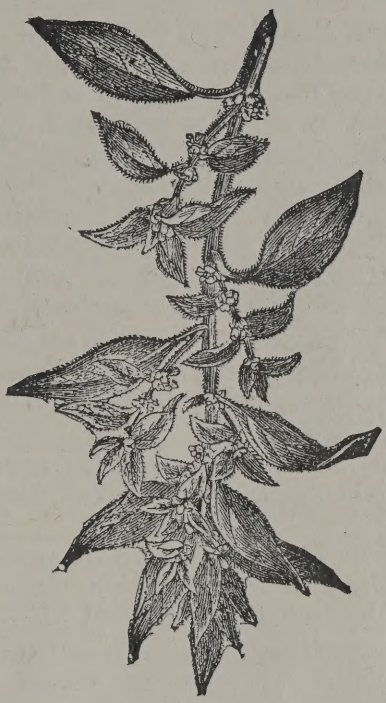
Ragwort, or Stinking Nanny *(Senecio jacobæa)*. Bitter, nauseous, anti-rheumatic. Used in rheumatism, and as a wash for sores. Makes a good gargle for ulcerated throat and mouth.

Raspberry Leaves (see page 32).

Red, or Water Dock Root *(Rumex aquaticus)*. Deobstruent, detergent. Makes a good cleansing lotion for cancerous and diseased surfaces. Internally for the blood.



MISTLETOE



PELLITORY

PLANTAIN

MOUSEAR

PIMPERNEL

Red Sage Herb *(Salvia officinalis)*. Diaphoretic, astringent, tonic. Makes an excellent gargle in sore throat, ulcerated mouth, &c. Good for colds, fevers, &c.

Rhubarb *(Rheum palmatum)*. Tonic, aperient, alterative. Chiefly used as an aperient for indigestion and biliousness. The Turkey Rhubarb is the strongest, but the English Root is very much better for children, being milder in character.

Rosemary *(Rosmarinus officinalis)*. Astringent, stimulant, anti-spasmodic. Makes an excellent hair wash. Useful in canker, all nervous disorders, and female complaints.

Rue *(Ruta graveolens)*. Stimulant, anti-spasmodic, emmenagogue. Chiefly used for suppressed menses, hysteria, and amenorrhœa. Also good for worms.

St. John's Wort *(Hypericum perforatum)*. Astringent, balsamic, nervine, diuretic. Beneficial in diarrhœa, hysteria, and urinary disorders.

Sage *(Salvia officinalis)*. Antiseptic, astringent. Excellent for colds, coughs, and colic. Also makes with vinegar a good gargle for sore throat.

Sanicle Herb *(Sanicula Europea)*. Nervine, astringent, alterative. Used in consumption, inflammation of bronchial passages, bleeding of lungs, and bladder affections.

Sarsaparilla *(Smilax ornata)*. Alterative, tonic, diuretic. For all skin diseases, rheumatism, ulcers, abscesses, impurities of the blood.

Sassafras Bark *(Sassafras officinale)*. Stimulant, diaphoretic, diuretic. Used in eruptions, rheumatism, gout, &c.

Scabious, or Devil's Bit *(Scabiosa succisa)*. Stimulant, febrifuge, demulcent. Useful in coughs, fevers, and inflammations.

Scurvy Grass *(Cochlearia officinalis)*. Strongly anti-scorbutic. Should be given in all cases requiring a remedy.

Self Heal *(Prunella vulgaris)*. Astringent. Stops hæmorrhage and arrests diarrhœa. Makes a good gargle for sore throats.

Senna *(Cassia acutifolia and Cassia angustifolia)*. Cathartic, laxative. Most popular and certain of remedies for constipation.

Shepherd's Purse *(Bursa pastoris)*. Diuretic, stimulant, astringent. Used in dropsy, stone, kidney disorders, &c.

Skullcap Herb (see page 33).

Skunk Cabbage *(Symplocarbus fœtidus)*. Stimulant, anti-spasmodic, expectorant. Used in chronic catarrh, chorea, and rheumatism.

Slippery Elm (see page 34).

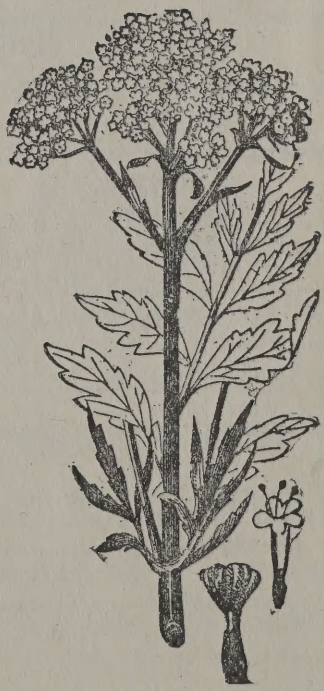
Southernwood (Old Man, or Ladslove) *(Artemisia abrotanum)*. Tonic and anthelmintic. For worms, nervousness, and female disorders.

Spearmint *(Mentha viridis)*. Carminative, anti-spasmodic, stimulant. Used in colic and nausea. Generally combined with other remedies.

SPEEDWELL

WORMWOOD

VERVAIN



VALERIAN

Sweet Flag Root *(Acorus calamus).* Aromatic, stomachic, tonic. Good for flatulence, colic, &c.

Tansy Herb *(Tanacetum vulgare).* Tonic, diaphoretic, emmenagogue. Chiefly used for female irregularities, and worms.

Tormentil Root *(Potentilla tormentilla).* Tonic, astringent. An excellent remedy for diarrhœa, dysentery, diabetes, piles, &c.

Unicorn Root, True *(Aletris farinosa).* Alterative, tonic, diuretic. Used as a tonic in disorders of females.

Uva Ursi *(Arctostaphylos uva ursi).* Diuretic, astringent, tonic. Very useful in all affections of the urinary apparatus.

Valerian Root *(Valeriana officinalis).* Tonic, nervine. Useful in all cases of nervous debility, especially in female hysteria, &c.

Vervain Herb *(Verbena officinalis).* Stimulant, diaphoretic, nervine, emetic. Specially used in fits, fevers, coughs, asthma, &c.

White Pond Lily Root *(Nymphæa odorata).* Pectoral, emollient, astringent, tonic. Used in scrofulous tumours, leucorrhœa, &c.

Wild Carrot Herb *(Daucus carota).* Diuretic. A really fine remedy in all urinary obstructions, gravel, dropsy, &c.

Wintergreen (see page 33).

Wood Sage Herb *(Teucrium scorodonia).* Tonic, stimulant. A pleasant bitter; useful in fevers, rheumatism, debility, &c.

Wood Betony Herb *(Betonica officinalis).* Nervine, tonic. Good in headache, convulsions, agues, palsy, colic, &c.

Wormwood Herb *(Artemesia absinthium).* Anthelmintic, tonic. Used in dyspepsia, and to expel worms. Also makes a good fomentation.

Yarrow Herb *(Achillæ millefolium).* Astringent, diuretic, diaphoretic. Certain cure for colds and fevers.

Yellow Dock Root *(Rumex crispus).* An antifat and alterative. Should be taken wherever blood is impure, in skin diseases, &c.

HOW TO PREPARE HERBAL MEDICINES.

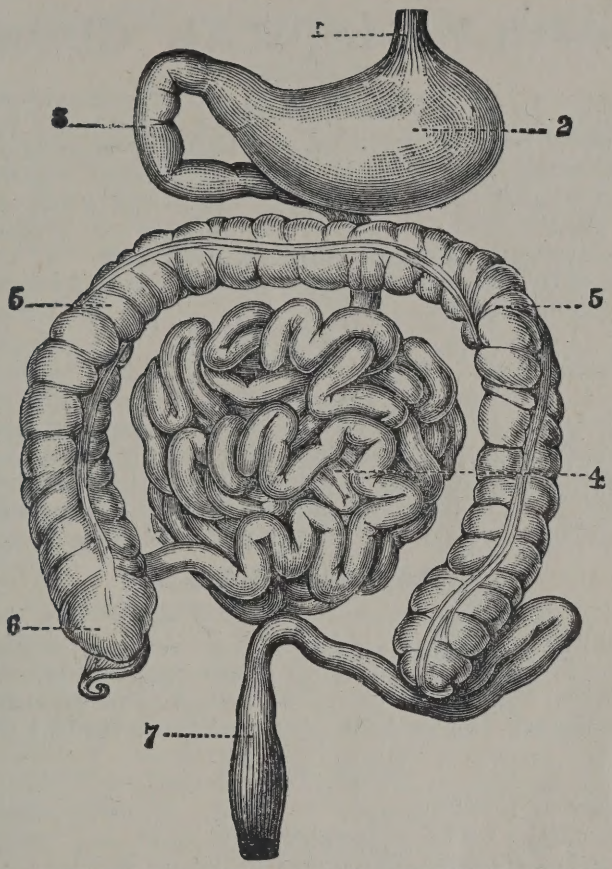
HERBS should be infused, that is—boiling water poured over them and allowed to stand till cold. Use about 1 pint of water to each ounce of Herbs.

ROOTS AND BARKS should be put into cold water and gently brought up to boiling point, at which it should stand for 10 or 15 minutes.

Where **HERBS** are incorporated with Roots, &c., in a prescription, it is best to boil the Roots and pour the liquor over the Herbs.

The dose is, as a rule, when the infusion or decoction is of the strength of 1 oz. to the pint, a wineglassful 3 or 4 times a day. Children should take smaller doses, according to age, and the medicine may be sweetened to render it more palatable.

Medicines to cause perspiration may be taken warm and in large doses so as to produce the desired effect freely. Medicines to act as aperients are best taken at night-time on retiring, but gentle laxatives should be given 3 times a day, just before meals.



THE STOMACH AND INTESTINES.

Food taken into the system passes first down the gullet then by the *cardiac orifice* (fig. 1) into the stomach. where it is converted by the gastric juice into chyme. As soon as the food has become of the requisite softness it goes through the *pylorus* or outer door of the stomach into the intestines or *duodenum* (fig. 4), where it is mixed with the *bile* which is conveyed from the liver, and with a fluid of saliva produced by the *pancreas* or *sweetbread*. At (fig. 6) the mass passes into the colon which rises up the right side of the body (left side of picture) as high as the kidneys, crosses over the abdomen in the form of an arch (fig. 5) called the *transverse arch of the colon*, then descends on the left side until it reaches the *rectum* (fig. 7).

The intestines have a continuous undulation called *vermicular motion*, because of its resemblance to the movements of a worm. This secures the exposure of the food to the various juices secreted, and enables it to undergo the various processes of *digestion*, *chimification*, *chylification*.

The intestines extend in length about six times that of the individual, and have three coats of tissues—the *peritoneum*, *muscular coat*, and *mucous membrane*.

FAMILY MEDICAL GUIDE.

ABSCESS.

The growth of an abscess in any part of the body is a sign of debility, and while local remedies are applied, good tonics should also be taken. A poultice should be applied of Slippery Elm Powder, but the abscess should first be fomented as hotly as can be borne, with an infusion of Camomile, Marshmallow, and Ragwort. If this treatment is continued daily and proper attention is paid to the bowels, &c., the patient will soon get well.

ASTHMA.

Take Yarrow 1 oz., Horehound 1 oz., Cough Powder 1 oz. Boil in 2 quarts of water down to 1 quart. Strain, and take a wineglassful three or four times a day. If the passages are choked with mucous, Tincture of Lobelia should be taken. The bowels should be regulated, and two Lobelia Pills taken every night. Burning **Potter's Asthma Cure** (*see advt.*) in the bedroom, or inhaling the fumes will generally ease the severe paroxysms and give the patient sleep.

AMENORRHŒA.

(STOPPAGE OF THE MENSES).

Catnep 1 oz., Peruvian Bark ½ oz., Mugwort 1 oz., Pennyroyal 1 oz. Boil the Bark in 1 quart of water for 10 minutes, and pour boiling hot upon the herbs. Cover till cold, and add 2 tablespoonfuls of good brandy to preserve. Dose, a wineglassful three times a day.

BAD LEGS.

Treat same as recommended for Boils. Slippery Elm is invaluable in these cases. The diet should be light and easily digested. Dr. Buchanan's Skin-Clear Ointment will cure bad legs. Wash with Skin-Clear Soap.

BILE AND BILIOUSNESS.

Take 1 teaspoonful of Fluid Extract Cascara Sagrada in a wineglassful of water first night, and prepare a mixture by pouring 1 quart of boiling water on 1 oz. each Centaury, Barberry Bark, and Dandelion Root. When cool, strain and add ½ oz. Fluid Extract Cascara Sagrada. Dose, a wineglassful three times a day.

BLACK EYE.

If obtainable, fresh Black Bryony scraped into a paste and laid upon the bruise will quickly take away all inflammation. Do not use this if the skin is broken. In the absence of Byrony, or if the skin is broken, saturate some lint with Distilled Extract of Witch Hazel, and keep bound over the bruise. This should be kept constantly wet with the Witch Hazel.

BLEEDING FROM THE NOSE.

An astringent snuffed up the nose will often stop this. Try powdered Bistort Root, Fluid Extract of Cranesbill, or Distilled Extract of Witch Hazel. Cold water applied to the head and temples, and the application of cold water or metal to the back of the neck will also assist.

FAMILY MEDICAL GUIDE (*contd.*)

BOILS.

Make a poultice of powdered Slippery Elm 2 parts, powdered White Pond Lily 1 part. Apply this as hot as it can be borne. Change night and morning, and bathe the part affected with tepid water at the same time. Care should be taken to keep the bowels well open, and if necessary, medicine to purify the blood should be taken.

BRUISES AND SPRAINS.

These are best treated with Distilled Witch Hazel. Bandages soaked with the liquid should be bound round the parts and kept damp. Composition Essence should be freely taken to keep up the circulation.

BRONCHITIS.

Take Pleurisy Powder 1 oz., Elecampane Powder 1 oz., Skunk Cabbage Powder 1 oz., Liquorice Powder 1 oz., Cayenne 3 grains. Mix. Pour 3 pints of boiling water upon the whole; let the Powder settle. Take a wineglassful four times a day. Also take two Compound Lobelia Pills at night.

BURNS AND SCALDS.

Immerse the limb in cold water, or allow water to run over it until the pain has subsided. If the part cannot be put in water, apply cold water cloths. When the pain has ceased, apply a liniment composed of 3 oz. Linseed Oil, and 6 oz. Lime Water, mixed together. An internal stimulant, such as Composition Essence, Cayenne, or Brandy should be given if the scalds are at all extensive. Dr. Buchanan's Skin-Clear Ointment cures burns and scalds. Wash with Skin-Clear Soap.

CATARRH.

This dangerous complaint is often the forerunner of bronchitis, influenza, consumption, throat and ear trouble, and should be checked in its early stages. The best remedies are Potter's Catarrh Pastilles, 1/3 tins; Potter's Asthma Cigarettes, 1/6 boxes. Both these are sure and safe remedies.

CHAPPED HANDS.

Mollicine, or Glycerine rubbed in is sufficient in most cases. Marshmallow Ointment should be used where these fail.

CHICKEN POX.

Take 1 oz. each of Marigold Flowers, Pennyroyal, and Raspberry Leaves. Infuse in one quart of boiling water; strain, and give one or two tablespoonfuls four times a day. Syrup of Senna or Rhubarb should be used to keep the bowels open.

CHILBLAINS.

Take ½ oz. each Tincture of Myrrh and Tincture of Cayenne, and 1 dram of powdered Borax Rub this liniment well into the chilblains night and morning. When the skin is broken, apply Marshmallow Ointment. Dr. Buchanan's Skin-Clear Ointment cures chilblains. Wash with Skin-Clear Soap.

FAMILY MEDICAL GUIDE (*contd.*)

COLDS, &c.

Take 1 oz. each Yarrow, Boneset, and 1 heaped teaspoonful Composition Powder. Pour on them two pints of boiling water, strain and sweeten. Drink half of this before going to bed, and take one or two Herbal Aperient Pills. During next day take the remainder of the liquid. This will be sufficient to cure most colds. If it fails, continue the medicine and take a vapour bath.

COLIC.

Angelica Root 1 oz., Sweet Flag Root 1 oz., Marshmallow Root ½ oz., Ginger ½ oz., Mountain Flax 1 oz. Boil in 2 quarts of water down to 1 quart. Take a wineglassful four or five times a day

CONSTIPATION.

The Fluid Extract of Cascara is a most efficient remedy. It should be taken in doses of 10 to 30 drops in water three times a day. Care should be taken with the diet, and brown bread and stewed fruit partaken of in place of coarse meats, or other indigestible foods. Exercise in the open air and cold water bathing are valuable helps to the cure. "Lion" Constipation Herbs, 4½d. and 9d. packet, are also excellent.

CORNS.

Rub down the corn with a piece of pumice stone, then use Walk Easy Ointment or Paint.

COUGHS.

Pour 1½ pints of boiling water on 1 oz. of Cough Powder, add ½ lb. coarse Sugar, bottle, and take a wineglassful three times a day. Two or three Herbal Cough Pills should be taken at night, and the chest should be sponged every morning with Spirits of Camphor and Compound Tincture of Myrrh in equal parts. Carter's Cough Cure, in bottles, 1/3 and 3/- is one of the finest remedies and should be in every household.

CONVULSIONS.

Give an emetic of Lobelia at once, and see that the bowels are open. Promote perspiration by giving the following:—Pennyroyal, Hyssop, and Yarrow, ½ oz. each. Infuse in 1 pint of boiling water and give freely. A warm bath should be given, and the treatment followed up by nerve-strengthening and tonic medicines.

CRAMP IN THE LEGS.

Bathe the feet and legs in hot water and Mustard, and rub with Tincture of Cayenne, and take inwardly 1 teaspoonful of Anti-Spasmodic Tincture in a cup of warm water sweetened. Keep the bowels regular.

CROUP.

Restore circulation by putting feet into hot bath with a little mustard in. Dip a flannel in hot water and sprinkle Tincture of Cayenne on it and put round the throat. Repeat as often as necessary. Give (for a child) 10 drops Tincture of Lobelia to cause free sickness. Or put 1 teaspoonful of Powdered Lobelia in a cup of

FAMILY MEDICAL GUIDE (*contd.*)

boiling water ; cool and give in teaspoonful doses until the patient vomits. Ipecacuanha Wine may also be given. Keep the child warm. Cod Liver Oil is an excellent preventive and should be given to children subject to croup.

DEAFNESS.

May be generally cured by syringing the ears well with warm soap and water, and afterwards putting in a few drops in equal quantities of Olive Oil and Anti-Spasmodic Tincture.

DIARRHŒA.

Pour a pint of boiling water on 1 teaspoonful of Anti-Cholera Powder. Strain when cool and sweeten. Dose, a wineglassful after each evacuation. For children, use half the quantity of Anti-Cholera Powder and ½ dram of Powdered East Indian Rhubarb.

DROPSY.

Take Broom 1 oz., Pellitory 1 oz., Dandelion Root 1 oz. Infuse in 3 pints of boiling water, clear off, pour the clear hot liquid upon 1 oz. of Diuretic Powder and let it settle. Take a wineglassful four times a day.

EARACHE.

When caused by cold, mix together Oil of Hemlock 1 dram, Oil of Eucalyptus 1 dram, Almond Oil 1 oz., and apply on wool to the ear. If caused by insects or foreign bodies in the ear, syringe out with warm water. If this does not wash the intruding body out, it should be carefully removed by a small pair of pliers.

FELONS AND WHITLOWS.

When a dirty-coloured blister is raised, a prick with a sharp needle and a poultice of Slippery Elm will generally effect a cure.

With a deep whitlow, steam the hand over a decoction of Marshmallows, Sanicle, and Hops, and afterwards apply a poultice of powdered Slippery Elm and Blood Root. This will generally remove it, and avoid the formation of matter or pus.

FEVER.

For simple and eruptive fevers, take 1 oz. of Pleurisy Powder, 1 oz. of Skunk Cabbage, ½ oz. of Liquorice, 1 dram of Lobelia, and ½ oz. of Crawley Root. Mix, and pour 3 pints of boiling water on the whole let the powder settle. Dose, a wineglassful four times a day.

GOUT.

Use the medicine recommended for Rheumatism and attend to the bowels. Bathe the affected parts with the stimulating liniment, and afterwards apply a poultice of Slippery Elm.

GRAVEL OR STONE.

Take 1 oz. each of Diruretic Powder, Clivers, and Wild Carrot. Pour 3 pints of boiling water upon them. Strain, and take a wineglassful three or four times a day. Kasbah Kidney Cure, 9d. per packet, contains the above herbs, with others, and may be relied upon as a quick cure.

FAMILY MEDICAL GUIDE (*contd.*)

GUMBOIL.

Foment with Camomiles and apply a Camomile poultice. Apply Tincture of Myrrh during the day. The Rheumatic Liniment may also be used, and two Herbal Aperient Pills taken at night time.

HEADACHE.

Where proceeding from derangement of nerves take 1 teaspoonful each Nerve Powder and Skullcap Powder. Pour on them 1½ pints of boiling water; when cold, strain, and take a wineglassful frequently. If the headache is caused by indigestion, cold, &c., take two Herbal Aperient Pills and treat as recommended for indigestion.

HYSTERIA.

Loosen the dress, dash cold water over the face, and as soon as the sufferer can swallow, give a teaspoonful of Anti-Spasmodic Tincture in a wineglassful of water.

INDIGESTION.

The following recipe may be relied upon to cure most cases:— 1 oz. each Calumba Root, Peruvian Bark, and Cascara Bark, and ½ oz. Ginger Root. Boil in 3 pints of water for half an hour. When cold, strain, and take a tablespoonful three times a day. Where the bowels are confined, it is advisable, when commencing with this medicine, to take two or three Herbal Aperient Pills. Dr. Thompson's Quick Cure for Indigestion, 9d. and 1/2.

INFLUENZA.

Bathe the feet in hot water, and put the patient to bed, with hot bricks wrapped in cloths wet with vinegar and water. Give ½ pint strong Yarrow tea, with a teaspoonful of Composition Essence added, well sweetened. In the morning give a dose of Antibilious Powder. If the cough is troublesome at night take vinegar and water 1 oz. each, Honey 1 oz., Cayenne ½ oz., and give one teaspoonful for a dose. Skelton's Influenza Cure, 1/3 bottles.

KIDNEY COMPLAINTS.

The Diuretic Powder is a good general medicine, and the following recipe is valuable:—Take 1 oz. each Buchu, Dogsgrass, and Wild Carrot. Pour on them 3 pints of boiling water. Strain when cool. Dose, a wineglassful four times a day. Kasbah Kidney Cure, 9d. packets.

MUMPS.

Place the feet in hot mustard and water. Apply a poultice of Camomiles, Hops, and Marshmallow Leaves, boiled for five minutes, and place on the swollen glands as hot as can be borne. Keep the poultice warm. Rub Essential Oil of Camphor on the part as soon as the inflammation subsides. See that the bowels are in a healthy condition.

FAMILY MEDICAL GUIDE (*contd.*)

NETTLE RASH.

Drink Marigold tea and take a dose of opening medicine. If any irritation, bathe in spirits of camphor.

NEURALGIA.

Nerve Powder in suitable doses will generally cure this distressing complaint. If it fails, take Skullcap Powder, Nerve Powder, and powdered American Valerian ½ oz. of each. Pour 1½ pints of boiling water on the mixed powder. Strain when cool, and take a wineglassful three or four times a day

PILES.

Fluid Extract Cascara Sagrada in doses of 10 to 30 drops in water, three times a day, combined with a local application of Distilled Witch Hazel, will cure in most severe cases. The Compound Hamamelis Suppositories are also recommended. Dr. Frye's Pile Cure, 3/- per box.

QUINSY.

Put the patient to bed and get him into a perspiration. Take 1 oz each Hyssop, Agrimony, Raspberry Leaves, Mousear, and Comfrey, and ½ oz. Rhubarb. Boil the above in 4 pints of water for 15 minutes; strain when cold and add 2 ozs. spirits of wine. Dose, a wineglassful every 3 hours. Make a gargle of boiling vinegar 1 pint, Gum Myrrh ¼ oz., Cayenne, ½ teaspoonful; mix well, cool and strain. Use frequently

RINGWORM.

Take 1 oz. Oil of Eucalyptus Glob., and 1 oz. of Fluid Extract of Blood Root. Mix and paint the part affected two or three times a day, and attend carefully to the bowels.

RHEUMATISM.

Attend to the bowels. Make a medicine composed of Prickly Ash Bark 1 oz., Buckbean 1 oz., Sassafras Bark ½ oz. Boil in 3 pints of water for 20 minutes. When cool, strain. Dose, a wineglassful three or four times a day. The Herbal Rheumatic Pill may also be taken.

SCIATICA.

Take medicines recommended for Rheumatism and rub the affected parts twice daily with the following: Tincture of Myrrh ½ oz., Sweet Oil ½ oz., Spirits of Hartshorn ½ oz. Mix and shake well before use. Sciatica Perles (an old gipsy remedy), in 1/- tins, will be found most effective.

ST. VITUS' DANCE.

Give tonics. Also a nerve medicine composed of 1 oz. each Skullcap, Vervain, and Mistletoe. Pour three pints of boiling water on the herbs; when cool, strain, and take a wineglassful four times a day.

FAMILY MEDICAL GUIDE (*contd.*)

SORE EYES.

Where from inflammation of the Conjunctiva (*conjunctivitis*), an application of Compound Eyebright Water lotion is generally sufficient. In ophthalmia and inflammation of the eyelids, apply a poultice of Slippery Elm Powder every night, and use the Eyebright Water lotion during the day. See that the bowels are in a healthy condition, and attend to the general health. A tonic or an alterative may be required.

SORE THROAT.

Make a gargle by pouring half a pint of boiling water on 1 oz. Red Sage and Bayberry Bark. When cold, add half a pint of vinegar. Gargle the throat three or four times a day. When severe, rub with Rheumatic Liniment, and apply a poultice of Camomile Flowers and Marshmallows.

THRUSH.

Boil 1 oz. each Raspberry Leaves and Agrimony in 3 pints of water, and let the patient drink freely of the tea. Put some Borax and Honey, mixed, upon the tongue.

WEAK EYES.

Before washing in the morning, dip the face in cold water with the eyes wide open, and use during the day a wash made of a decoction of Raspberry Leaves and Eyebright. The Compound Eyebright Water should also be used.

WHOOPING COUGH.

Take 1 oz. Mousear and ½ oz. Slippery Elm Bark; boil in 2 pints of water down to 1 pint. Dose, a wineglassful frequently. This will be sufficient in most cases, but it may be found advisable in some to administer an emetic in order that the accumulation of mucous may be removed. Syrup of Lobelia will be found very useful. Care should be taken that the bowels are in a healthy condition. A wholesome but light diet is recommended.

WARTS.

May be removed by painting daily with Fluid Extract of Arbor Vitæ *(Thuja occidentalis)*.

WORMS.

Thread worms in children may be removed by taking Worm Powder. For Tape-worm it is advisable to consult an experienced medical man.

The cleanliness of the mouth deserves greater attention than most people give. Simply washing the mouth with salt water, borax water, or even warm filtered water alone, serves a good purpose; and some pleasant tooth powder, such as a mixture of powdered orris root with a little oil of wintergreen or thymol, may be recommended.

Nature's Remedy

KASBAH KIDNEY CURE

Acts like magic in all cases of Backache caused by Kidney trouble.

It cleanses the Bladder and Kidneys from all impurities. In cases of Gravel and Stone it does wonders. Instances are recorded where Stones of large dimensions have been removed by this remedy.

Price 9d. per Packet.

ARNICA

BLACK ALDER

BLOOD ROOT

BALMONY

CASSIA

NOTES ON DIET.

All food for a healthy individual should be chosen for two purposes: viz., to make up the waste which takes place in every active body, by the supply of constituents which will build up and repair, and for the production of heat and muscular force.

Meat and milk are the most valuable for body building, and cereals, fats, and sugar form fuel foods.

The amount of food required by an individual varies according to sex, age, and occupation. Men in active outdoor work involving much muscular exercise can assimilate most food and require more than those engaged in sedentary pursuits. Women require less to eat than men, and children need more than aged persons. Various dietaries have been drawn up by experts, and the following may be deemed a good example of a diet suitable for a healthy male:

1 lb. Bread	½ pint Milk
½ lb. Meat	2 Eggs
¼ lb. Fat (including Butter)	2 oz. Cheese
1 lb. Potatoes	

(OLIVER.)

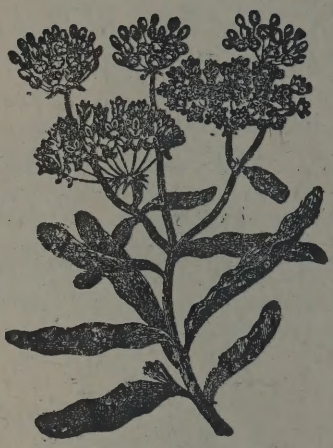
In the case of invalids and weak persons, care should be taken to give food that can be easily digested. Roast beef, steak, and duck take four to five hours to digest, while such things as boiled milk, cocoa, lightly-cooked eggs, raw meat, and boiled fish would require only two to three hours. It follows that in such cases the former articles should be avoided.

Constipation demands special diet. Vegetables, stewed fruits, oranges, and cooked apples are all aids to nature where this condition prevails; but in diarrhœa and loose condition of the bowels the vegetable element should be reduced and the cereal increased.

Malted Slippery Elm Food, prepared by the Dr. Thompson Pure Food Co., is an ideal food of great nutritive value, and forms an excellent article of diet especially for infants and weakly persons. Malted Slippery Elm Food (Dr. Thompson Pure Food Co.) is a cooked food, and contains Prontein 12.0%, Fats 1.8%, Carbohydrate 80%, in addition to Slippery Elm. It is easily digested and the incorporation of the properties of the Slippery Elm Bark, which is not only a nutrient but also an emollient, makes it peculiarly suitable in cases of irritation of the stomach and ulceration. Slippery Elm also has a beneficient action upon the whole intestinal tract, allaying inflammation and generally having a soothing influence.

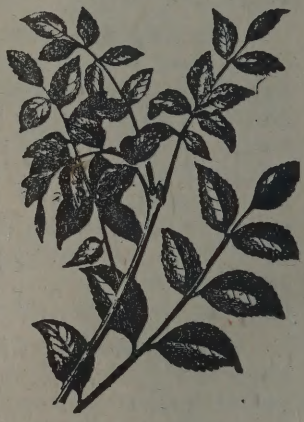
Dr. Thompson's Dandelion Coffee is an ideal beverage at any time of the day. It has none of the disadvantages of tea and ordinary coffee in that it does not contain tannin. Both tea and coffee retard rather than accelerate digestion, and in some diseases it is imperative that these beverages should be prohibited. Dr. Thompson's Dandelion Coffee aids digestion. It acts upon the liver and actively stimulates that organ. It is valuable in cases of constipation and generally for all forms of indigestion.

CAMPHOR



PLEURISY

ELDER



PRICKLY ASH

Old and New Remedies.

BALMONY.

(Chelone glabra).

Properties—Tonic, detergent, antibilious, anthelmintic. Used largely in constipation, dyspepsia, debility, and jaundice. In all diseases of the liver it will be found valuable, and for worms in children it is almost a certain remedy. Dose—Powder 5 to 10 grains; Infusion (made by pouring 1 pint of boiling water on 1 oz. of herb) a wineglassful frequently. Fluid Extract—½ to 1 dram.

BAYBERRY BARK.

(Myrica cerifera).

A powerful stimulant, also astringent and tonic. If not absolutely the most useful article in the Botanic Practice, it is certainly nearly so. It enters largely into many of the compound powders, and forms the basis of the celebrated Composition Powder. In cases of coldness of the extremities, chill, clamminess, &c., combined with Cayenne it will produce that action in the system which generates heat, and will cause perspiration. For canker of the stomach and bowels it is invaluable, being an effectual deobstruent and cleanser. The powdered Bark is generally used in an infusion of 1 oz. to 1 pint boiling water. To promote heat it should be drunk warm. The powder may also be added to poultices as it has a very healing and cleansing action on scrofulous ulcers, sores, &c. Dose of Fluid Extract, ½ lo 1 dram. Infusion : A wineglassful.

BLACK ALDER

This is a good alterative. The Fluid Extract has been known to operate well in syphilis, cancer and dropsy. It is best used in conjunction with Rue. Dose of Fluid Extract—½ to 1 dram.

BLOOD ROOT.

(Sanguinaria Canadensis).

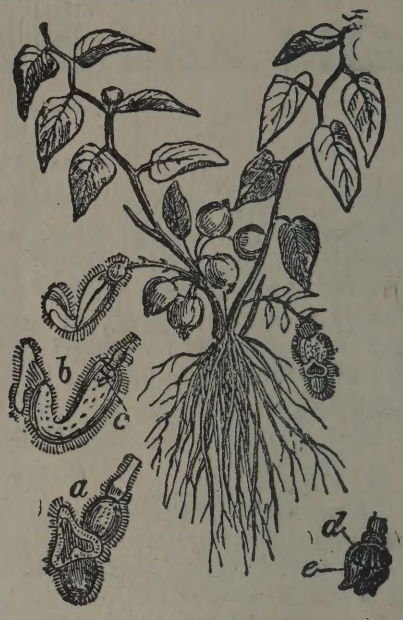
One of the earliest and most beautiful of American spring flowers. It is given generally in combination with other remedies, and is of great value in chronic bronchitis, asthma, and croup. It is also of use in atonic dyspepsia. The dose of Fluid Extract is 10 to 30 drops.

BLUE COHOSH.

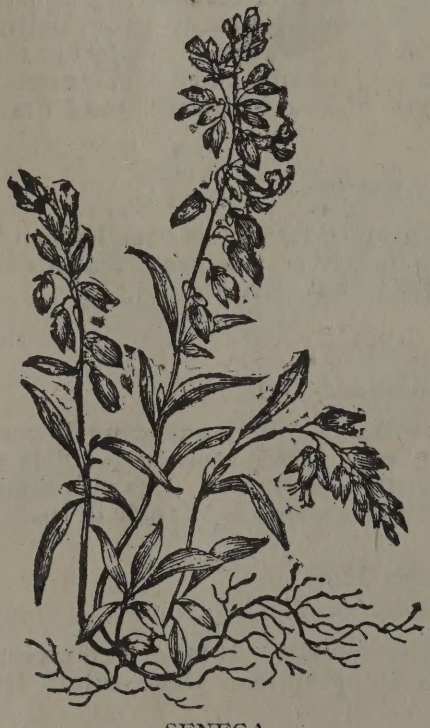
(Caulophyllum thalictroides).

Properties : demulcent and anti-spasmodic. It is very efficacious in rheumatic affections and female complaints. Dose—Fluid Extract, 10 to 30 drops.

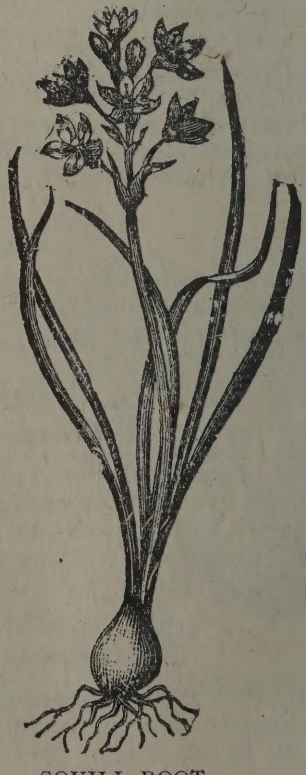
MUSTARD



SNAKE ROOT



SENEGA



SQUILL ROOT

OLD AND NEW REMEDIES.

CAMPHOR.

The concrete volatile oil from this tree is well known, from its popular use as an antiseptic. The form most generally used is the Camphorated Oil, which makes a good liniment for quinsy, chapped hands, rheumatic swellings, &c. The Camphor Tree also yields an essential oil of great efficacy as an application for rheumatism, sprains, &c. It may be used freely, and will always be found a valuable addition to the family medicine chest,

CASSIA.

The whole of this tree *(cassia alata)*, leaves, flowers, and stems, is useful. An ointment made from the buds, flowers, and bark is valuable in skin affections. An infusion of the flowers and leaves applied to the skin in chronic eczema promotes a rapid healing.

ELDER.

The bark, leaves, flowers, and berries of the *sambucus nigra* are antiseptic, diuretic, and narcotic. A decoction of the leaves is useful in erysipelas. Elder Flower Water is unexcelled as a local antiseptic in skin affections. Elder Flower Ointment is highly esteemed as an application for rectal ulcers. Dose—Fluid Extract, ½ to 1 dram.

EUCALYPTUS LEAVES.

(Eucalyptus globulus).

Native of Australia. Now used generally as an antiseptic. The Oil is principally used, and may be given internally in 1 or 2 drop doses. or placed on hot water and the vapour inhaled. Is largely prescribed for diphtheria, whooping cough, fevers, chronic bronchitis, and asthma. Dose of Oil, 1 to 10 drops; Fluid Extract of Leaves, ½ to 1 dram.

GELSEMIUM ROOT.

(Gelsemium sempervirens).

Sedative, diaphoretic, febrifuge, anti-spasmodic. A valuable remedy for neuralgia, inflammation of the bowels, diarrhœa, dysentry. Used with great success in neuralgia, toothache, insomnia, wherever a sedative is called for. Dose—Fluid Extract, 5 to 10 drops; B.P. Tincture, 5 to 15 drops.

IPECACUANHA.

All preparations of the Root are of value, particularly those prepared from the root bark. In large doses it is a mild and efficient emetic, in small doses it allays irritation of the gastric nerves. Ipecacuanha Wine is a good remedy in the treatment of infantile pneumonia. Dose—As an expectorant, 5 to 20 drops; as an emetic, 3 to 6 drams.

GELSEMIUM

IPECACUANHA

WAKE ROBIN

KOLA NUT

OLD AND NEW REMEDIES.

KOLA.

The seeds or nuts of *Kola Vera*, grow in West Africa. They are said to appease the appetite or craving for drink, or food, to give great endurance, and act as a tonic to the digestive tract. They increase the activity of the peristaltic wave, hence of great utility in habitual constipation and heart failure.

Constituents.—They contain caffeine, theobromine, starch, glucose, and tannin, and a volatile oil.

Preparations and Doses.—The nuts are digested in glycerine, with tamarinds made into a paste, then made into lozenges, and are of great utility in constipation. Dose of Fluid Extract, ½ to 1 dram. This preparation will be found of great use to cyclists, pedestrians, and others engaged in feats of endurance.

LOBELIA. *(Lobelia inflata).*

Properties: emetic and stimulant. This plant is most extensively prescribed, and is regarded as one of the most valuable remedies ever discovered. It is chiefly used as an emetic, and may be given wherever one is indicated. In bronchial troubles and pulmonary complaints its action is speedily and wonderfully beneficial. All accumulation of mucous is instantly removed after a full dose of the Infusion, and many lives have been saved by its timely use. In croup, whooping cough, and asthma it is specially valuable, and it may be regarded as certain to give relief in the distressing paroxysms which characterise the last-named disease. In cases of infantile cough and bronchitis, when the child seems likely to be suffocated by phlegm, a dose will relieve the obstruction. Dr. Thomson recommends Lobelia in nearly every complaint, and there is no doubt of its general applicability in some way to most diseases. In liver or stomach troubles an emetic of Lobelia will remove all immediate obstructions, and pave the way for the use of other remedial medicines. Mixed with powdered Slippery Elm it forms a stimulating poultice for inflammations, ulcers, swellings, &c. Doses—Infusion (1 oz. powdered Herb to 1 pint water), 1 oz. to 2 oz.; Powder, ½ to 1 dram; Acid Tincture, ½ to 1 dram; Tincture, 1 to 4 drams; Fluid Extract, 10 to 20 drops

MANDRAKE (American). *(Podophyllum peltatum).*

Properties: antibilious, purgative, hydragogue, cathartic. The resin extracted from the root is the well-known Podophyllin, and forms a component part of most liver pills now made. Mandrake is a powerful medicine, exercising an influence on every part of the system, stimulating the glands to healthy action. Its most beneficial action is obtained by the use of small doses frequently given, as large ones cause violent evacuations and debility. In all chronic venereal, scrofulous, and dyspeptic complaints it is highly vaiuable; also in dropsy, biliousness, and liver disorders. Dose—Powdered Root, 10 to 30 grains; Fluid Extract, 5 to 30 drops; Podophyllin Resin, ¼ to 1 grain

OLD AND NEW REMEDIES.

MUSTARD.

(Sinapis nigra).

This is the familiar English Mustard, whose seeds reduced to powder make the common table mustard. An infusion of the powdered seeds is a gentle aperient and diuretic in small quantities, and an emetic in large quantities. Poultices made with powdered mustard seeds, crumbs of bread, and vinegar are applied to the feet in cases of fever, and may be used to advantage in sciatica and rheumatism.

PLEURISY ROOT.

(Asclepias tuberosa).

This root possesses valuable diaphoretic, expectorant, antispasmodic, and tonic properties. It is also mildly cathartic and carminative. As its name suggests, it is of great use in pleurisy, in which disease it mitigates the pain and relieves the difficulty of breathing. It is valuable in all chest complaints, and possesses a specific action on the lungs, assisting expectoration, subduing inflammation and exerting a general mild tonic effect on the system. A very useful medicine may be made as follows:—Essence of Composition 1 oz., Fluid Extract of Pleurisy Root 1 oz. Mix, and take a teaspoonful three or four times daily in warm sweetened water. Dose—Fluid Extract, ½ to 1 dram.

PRICKLY ASH.

(Xanthoxylum fraxineum).

Berries and Bark are both used. This is a very useful stimulant, and in rheumatism, colds, pleurisy, &c., it is extremely valuable. It is also used as a tonic and in hepatic diseases. Dose—Fluid Extract of Bark, ¼ to 1 dram; Fluid Extract of Berries, 10 to 30 drops.

RASPBERRY LEAVES.

(Rubus strigosus).

A mild astringent and stimulant. The infusion is a useful gargle in sore mouths, canker of the throat, &c., and as a wash for ulcers and wounds. The leaves scalded and mixed with powdered Slippery Elm form a good poultice for removing proud flesh and cleansing wounds. It will be found valuable in stomach complaints of children, the infusion, sweetened, being given frequently. Dr. Thomson and Dr. Coffin recommend the drinking of the tea by pregnant females for giving strength and rendering parturition speedy and easy. It should be freely taken before and during the confinement. The addition of Composition Essence will form a valuable adjunct at such times. Infusion is made by steeping 1 oz. leaves in 1 pint boiling water, or 1 dram Fluid Extract in a wineglassful of water. It should be always taken warm. Dose—Fluid Extract, 1 to 2 drams.

OLD AND NEW REMEDIES.

SKULLCAP.

(Scutellaria laterifolia).

Properties: tonic, nervine, and anti-spasmodic. One of the finest nervines in the Botanic practice. May be used freely in all cases of hysteria, convulsions, St. Vitus dance, hydrophobia, rickets, &c. In all nervous disorders this remedy may be used either alone or with other nervines. Dose—Infusion (made by pouring 1 pint boiling water on 1 oz. of herb), half a teacupful frequently; Fluid Extract, 1 dram.

SNAKEROOT.

(Aristolochia serpentaria).

Properties: powerfully stimulant, diaphoretic, anti-spasmodic, nervine, tonic. A remedy in all cases of fever, especially in typhoid, and will be found to agree with the digestive organs when Peruvian Bark is not tolerated. May be employed wherever it is necessary to promote perspiration, and in bilious attacks. Dose—Powder, 10 to 30 grains; Fluid Extract, ½ dram.

SUMACH.

(Rhus glabra).

The Bark, Berries, and Leaves are used. The Berries make a nice drink for feverish patients, and are also refrigerant, diuretic, and astringent. The Bark is astringent, and may be used as a gargle in throat affections. Dose—Fluid Extract, 1 to 2 drams; Berries or Bark.

WINTERGREEN.

(Gaultheria Procumbens).

The whole plant has an agreeable aromatic odour and taste, owing to the presence of a volatile oil, which is stimulant and highly germicidal. The Fluid Extract of Wintergreen has, in ordinary doses, a direct sedative action upon the urinary organs. It is an aphrodisiac, allays irritation and inflammation of the bladder, prostate and urethra. Dose—Fluid Extract, 30 to 60 minims.

WAKE ROBIN or INDIAN TURNIP.

(Arum triphyllum).

The root is the part used, but the whole plant has an acrid juice which, however, is modified in its dry state. It possesses expectorant and diaphoretic properties, and has been used with advantage in flatulence, croup, whooping cough, bronchitis, and colic. The Powdered Root can be given in quantities of 5 grains to 30 grains at a time, every four hours. Dose—Fluid Extract, 10 to 30 drops.

SLIPPERY ELM.

A Wonderful Remedy.

STRENGTHENING and healing qualities are yielded in a remarkable degree by the bark of the Ulmus Fulva, or Slippery Elm Tree. It grows abundantly in various parts of North and South America, and is regarded in the United States as one of the most valuable remedies in existence. Hardly a household is without its little stock of powdered Slippery Elm at hand for an emergency, or in constant use as an article of diet. In England a lamentable ignorance prevails regarding its wonderful qualities, excepting among those who use and practise the art of healing by Herbal remedies.

Slippery Elm contains emollient, diuretic, demulcent and pectoral properties. The finely powdered bark makes an excellent gruel or food, and may be used in all cases of weakness, inflammation of the stomach, bronchitis, bleeding of the lungs, consumption, &c. It has a wonderfully soothing and healing action on all the parts it comes in contact with, and in addition, possesses as much nutriment as is contained in oatmeal.

The food or gruel is made as follows :—Take a teaspoonful of the powder, and mix well with the same quantity of powdered sugar. Add one pint of boiling water, slowly mixing it as it is poured on. This may be flavoured with cinnamon or nutmeg to suit the taste, and more sugar added if preferred. For infants especially this is an extremely wholesome and nourishing food, while all weak constitutions, especially the consumptive, will find it strengthening and healing.

The coarse powder forms the finest poultice obtainable for all inflamed surfaces, ulcers, wounds, boils, burns, skin diseases, inflamed eyes, bad legs, chilblains, &c. It soothes the parts, quickly disperses inflammation, draws out impurities, and heals speedily. In making the poultice, use in the same way as linseed or bread, and apply as hot as it can be borne. We cannot speak too highly of this remedy, and are confident that many limbs and lives might be spared by its timely use. Only a short while back a herbalist told us of a man who applied for treatment of a poisoned hand. It presented a shocking picture, being swollen considerably, much inflamed and discoloured. A Slippery Elm poultice was prescribed to be put on as nearly scalding hot as possible. This was continued twice a day for a week, at the end of which time the hand was practically cured, and by the end of a fortnight the owner was able to work again. This case had been treated by several doctors and at one or two hospitals; and, had not this simple treatment been resorted to, the man probably would have lost his life by reason of mortification, or his hand by amputation.

Many infants and adults die from comsumption and inflammation of the bowels; but an injection made by pouring one pint of boiling water on half an ounce of powdered Slippery Elm, straining, and using lukewarm, would cure nine cases out of ten—though, of course, other remedies should be given at the same time.

We trust that every head of a household will try this simple remedy. It is one without the slightest chance of danger, without any drawbacks or bad after effects, and certain to prove of immense benefit and service.

CONSTIPATION.

In the rush and worry of modern life, when meals are hurried, at one time sparsely taken of, and at another immoderately, there is an increasing tendency to a general derangement of the digestive organs, ending in confirmed Dyspepsia or Chronic Constipation. Pills, powders, and nostrums in Patent Medicine form find favour if they purge, but their indiscriminate use is responsible for many permanently weakened constitutions. Relief may have been given, but at a great cost. What is required is a medicine whose after effects are good and without injury, and one which will prompt nature to healthy action rather than accomplish the end with violence.

During recent years there has been introduced into this country a remedy which seems to answer the purpose with wonderful success. This is the

CASCARA SAGRADA,

a bark of a tree growing abundantly on the shores of the Pacific Ocean. The best preparation for use is the Fluid Extract, and we question whether any case of Constipation is too far gone for it to be of no avail. The experience of doctors throughout the length and breadth of the United States and England is a concensus of praise in its honour, and there is no doubt that a better household remedy does not exist.

Dr. Reid, in *The British Medical Journal*, April 11th, 1885, reports that in three cases it had a most beneficial effect in Hœmorrhoids or Piles; that the result was all that could be desired in twenty-seven cases of obstinate and habitual Constipation, complicated in many cases by various forms of dyspepsia, and in several people of sedentary habits, more especially females.

As a gentle laxative, the dose should be from five to twenty drops three times daily; but for prompt and reliable action, 30 to 60 drops should be taken. The best way to secure lasting results is to take a moderately large dose at once, and then the smaller ones three times a day for some time, until a regular, healthy, and normal condition is obtained. Where a tonic is required at the same time, Fluid Extract of Centaury or Bogbean should be given in doses of half to one drachm.

This remedy is recommended in cases of constipation of children and infants. Five to ten drops in sweetened water or syrup will be found sufficient.

Being in a liquid form, the action of Fluid Extract of Cascara is superior to pills or tablets, inasmuch as it is more equally distributed over the coats of the stomach; while the effect of the medicine is not of a debilitating character, and leaves none of the weakness which follows in the train of drastic purges and searching cathartics.

TO PREVENT AND CURE CHILBLAINS.

THE common name "Chilblain" is very expressive; chill—cold, or obstruction of the capillaries or fine blood vessels which supply and nourish the parts; and "blain"—abscess or decay from the obstruction. Boys and girls are very subject to chilblains in cold frosty weather. Tight shoes and exposure of the hands and feet are the principal causes.

The following is both a preventive and cure :—

Olive oil, half-ounce. Hartshorn, half-ounce.

Mix and shake up. Rub the feet and hands, or parts affected, with cold water night and morning; after which wipe dry, and rub in the preparation well for full five minutes. In case preventive means have been neglected, and the chilblains have broken, take care to keep the parts well protected from cold. Foment them with warm milk and water, after which touch the wounds lightly with the above preparation, and apply Marshmallow Ointment.

A RECIPE FOR BURNS OR SCALDS.

MIX common kitchen whitening with sweet oil, or, if sweet oil is not at hand, with water. Plaster the whole of the burn and some inches beyond it all around with the above, after mixing it to the consistency of common paste, lay it on an eighth, or rather more, of an inch in thickness. Take care to keep the mixture moist by the application from time to time of fresh oil or fresh water, and at night wrap the whole part affected in gutta-percha or flannel, to keep the moisture from evaporating. The patient will, in all probability sleep soundly, unless the flesh be much injured, and the burn a very bad one.

If the skin is not destroyed, the above will answer every purpose, but if the skin is broken it will be worse than useless. The Slippery Elm poultice excels every other application in all deeply-seated excoriations, whether they occur through fire, water, acids, or and other cause. Scalds and burns, particularly of the neck and chest, if severe, prove very often fatal.

DIARRHŒA.—HOW TO CURE IT.

IF you have it, give at once half grain Podophyllin mixed with two grains of ginger in a wineglass of hot water, sweetened; put to bed, and in two hours after, give freely of Composition tea. Nothing more, in nine cases out of every ten, is needed. Should it prove insufficient, however, as it may, give a teaspoonful of Diarrhœa or Anti-Cholera powder. You need not fear this treatment, for it is as simple as food, and has not been known to fail in the worst cases once in a hundred times. Our friends everywhere have the remedy in the simples now given. Colds neglected often lead to diarrhœa and a host of other diseases. Composition powder is a cheap and simple remedy, which, used in families during the changes of the weather, is one of the best preventives known. Those who use it rarely suffer from colds and other diseases. Or, if people take cold, it readily cures it, and thus prevents other diseases. Thousands know this by experience; hence it has become a household medicine in thousands of poor families.

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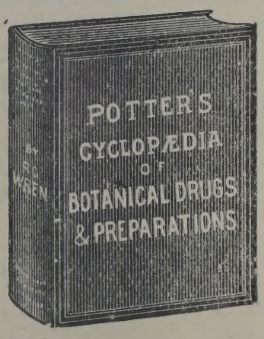

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MEASLES.

THIS is a disease which seems incidental to childhood (the reason for which would be difficult to give), and scarcely ever affects the patient more than once. Adults even of advanced age sometimes suffer from it. The virulence and duration of the attack depends largely upon the surroundings and condition of the patient. A great deal has been written about this complaint and its dangers, much exaggerated, of course, like all the diseases that afflict humanity. If they are neglected and badly treated fatal results may ensue, but our success warrants the statement that where prompt measures are taken, and simple herbal remedies given, but little danger need be feared from measles. The only symptoms are headache and feverish condition generally, sometimes difficulty in breathing, the breath is offensive, the tongue is coated, then there is swelling of the face, and a watery condition of the eyes, and discharge from the nose. If these symptoms are unchecked, in two or three days red spots resembling flea bites appear on the surface of the body, these gradually form into patches, and if the conditions are favourable, in the course of a few days they fade away. The secret of successful treatment is promptness in attacking the earlier symptoms. Therefore put your patient into a hot water bath—the water should be up to the neck—keep in for ten or fifteen minutes, then take the little one out of the water and sponge all over with tepid vinegar and water (say a dessert spoonful of the best malt vinegar to half a pint of water). Dry well, put on clean warm linen and put to bed. Now prepare and give the following: Pour a pint of boiling water on 1 oz. of Pennyroyal Herb, cover and let stand for fifteen minutes, then pour off all the clear liquid, and add the following to the clear tea,

A teaspoonful Fluid Extract Yarrow.
A teaspoonful Fluid Extract Elder Flowers.
A teaspoonful Fluid Extract Clivers.
Half-teaspoonful Fluid Extract Cascara Sagrada.

Sweeten, and a little milk may be added. Give as freely as you possibly can of the mixture warm. Keep the patient warm. Give the bath and sponge the body as directed once a day for a few days, and your little one will soon be convalescent. Let the food be light, don't be afraid of fresh air, and if possible isolate your patient during the attack. A little strengthening medicine should be given. The following will be found very effective in toning the system.

Half-teaspoonful Fluid Extract Bogbean.
One teaspoonful Composition Essence.

Add a wineglassful of cold water, and give a teaspoonful occasionally of the mixture twice a day.

DISTILLED EXTRACT OF WITCH HAZEL.

This preparation is a distillation of the fresh leaves and young twigs of *Hamamelis Virginica*.

In America there is no more popular medicine, and in England it has a large sale under various proprietary names.

Among the many good qualities of this medicine, we may instance its styptic action as being the most useful. In external or internal bleeding it is especially efficacious, and most dangerous cases of Hæmoptysis have been known to yield under its influence. As a local application for Piles it has no equal, especially when the preparation is given internally at the same time.

According to medical literature, Varicose Veins may be cured by a course of treatment with Distilled Extract of Witch Hazel.

For Burns. Cuts, Bruises, Stings, Weak Eyes, Ophthalmia, it will be found an admirable remedy, while it forms the finest lotion extant for Sunburn, Freckles, &c.

DIRECTIONS FOR USE.

For Bruises, Burns, Stings, Chapped Hands, Sunburn, or Piles, it should be freely applied to the parts affected.

For bleeding at the lungs, and all internal bleeding, also for Piles, take thirty drops in water frequently until relieved.

For the Eyes, or as an injection, add one part of Extract of Witch Hazel to three parts of Warm Water.

For both internal and external uses it is quite harmless.

SAFE RULES.

The true secret of health and long life lies in very simple things as quoted from "The Laws of Life":—

Don't worry.

Don't hurry. "Too swift arrives as tardy as too slow."

"Simplify. Simplify. Simplify."

Don't overeat. Don't starve. "Let your moderation be known to all men."

Court the fresh air day and night. "O, if you knew what was in the air."

Sleep and rest abundantly. Sleep is nature's benediction.

Spend less nervous energy each day than you make.

Be cheerful. "A light heart lives long."

"Work like a man; but don't be worked to death."

Avoid passion and excitement. A moment's anger may be fatal.

Associate with healthy people. Health is contagious as well as disease.

Don't carry the whole world on your shoulders, far less the universe. Trust the Eternal.

Never despair. "Lost hope is a fatal disease."

"If ye know these things, happy are if ye do them."—

Chicago Medical Times.

COMPOSITION POWDER AND ITS USES.

FORMULA.

Bayberry Bark Pulv.	...	...	...	2	ounces.
Prickly Ash „	...	...	...	1	ounce.
Pinus Canadensis Pulv.	...	...		1	„
Ginger Root (Jam)	...	...	...	1	„
Cayenne Pulv.	...	...	...	½	dram.
Cloves „	...	...	...	1	„

Mix.

This powder is simply invaluable as a domestic medicine, and there are few families that should be without it in their household. It is most remarkable for its stimulating properties, and hence its curative value in cases of Colds, Coryza (cold in the head), Catarrh, Influenza, Hoarseness, Loss of Voice, and febrile affections. When used at the commencement of any disease to which the human body is liable, it approaches the nearest to an universal specific or panacea of any compound ever discovered or offered to the public. Taken in frequent doses it increases the vital powers of life, balances the circulation of the blood, and prevents congestion of the organs of life; counteracts the injurious effects of cold and damp; is a good substitute for alcoholic drinks, and produces none of their evil effects; makes a delicious, stimulating non-intoxicating beverage conducive to health of body and strength of mind, and is used by many families as a substitute for tea and coffee. This preparation of Composition Powder is an excellent prophylactic, since by its use diseases of an infectious character may be warded off and prevented in the healthy, whilst to those of a cold, chilly, and phlegmatic nature it increases the vital and healthy temperature of the body. Its action in this respect is far different from the effects obtained by the use of alcoholic stimulants, as the Composition mixes with the food, gently stimulates the stomach, promotes digestion, and strengthens the digestive organs, and thus, by assisting to manufacture pure, healthy blood, enables the body to sustain the natural and equalised circulation of the crimson stream-life upon which the vitality of the human frame depends. It is also most useful in cleansing the tongue and stomach of unhealthy coatings of fur and phlegm, and will also remove rheumatic and neuralgic affections. Indeed, in the family circle it will be found to be a complete medicine chest in itself. It diffuses a warm and healthy glow over the whole system; hence, to those who have to go out early in the morning or late at night, and who are more or less susceptible of taking cold, this Composition Powder is of inestimable value. It is worth its weight in gold. For Colds, Sore Throat, Hoarseness, Relaxed Bowels, Sluggish Circulation of the Blood, Congestive Chill, Pains in Stomach and Bowels, Influenza, Quinsy, etc., or in whatever case a pure, wholesome and

healthy stimulant is required, this preparation of the Composition Powder will be found to answer the purpose in a satisfactory manner. Indeed, the valuable properties of this Composition Powder are not sufficiently appreciated by Botanic Practitioners and Medical Botanists generally, much less by those who know of it only by report or prejudice. It is perfectly safe and thoroughly reliable under all circumstances, in all stages of disease, and, in proportionate doses, at all ages. The injurious results of Cold, in either the breathing or the talking machinery, of Weak Digestive Organs, or Inflammatory conditions of the lining membrane of the Bowels—may be prevented and cured as directly and as effectually as the remedy can be applied.

DR. SKELTON states in his *Medical Circular*, that :—

"The only thing that stands in the way of its more general appreciation is its cheapness. Strange this, but nevertheless true, and if it was six shillings the ounce instead of 'sixpence,' it would be valued a thousand times more."

Let us see what may be done in disease with *one ounce of Composition Powder.*

1st.—To cure cold :—

Put a teaspoonful into half-a-pint of boiling water, sweeten well with treacle or sugar, and take at bed-time as hot as it can be drunk.

2nd.—To strengthen the stomach, use instead of tea or coffee, as follows :—

Put a quarter-of-a-teaspoonful into a gill or half-pint of boiling milk and water (equal parts), sweeten with lump sugar, let the powder settle, and drink the liquid only, with the meals. Use it also with the dinner, and at bed-time in the same way.

3rd.—Cordial for deficiency of blood, want of vitality, and for strengthening the system :—

Put one ounce into a quart jug, fill the jug with boiling water; let it stand until nearly cold, after which, strain off the liquid upon a half-pound of lump sugar, and take a wineglassful three or four times a day.

4th.—We repeat :—

As a general remedy it is a sure preventative of Colds, if taken freely; and the best substitute for all stimulants used by parties exposed to cold weather. By many it is used as a substitute for tea and coffee, and instead of brandy or such liquors after dinner or supper, who find it much better than those stimulants, and without any of the bad effects intoxicating drinks produce.

There is another preparation of it called Composition Essence, and for an ordinary drink, makes a much more agreeable tea than the "powder." It agrees better with many stomachs; does not require boiling water, is made ready at once, and will keep any length of time. Families will do well to keep so useful a remedy by them for a time of need.

The PHILOSOPHY of MEDICAL BOTANY.

HOWEVER questionable may be the theory known as "The Survival of the Fittest," when applied to individuals its truth is very definitely apparent so far as systems are concerned. Truth and error are constantly grappling, and the burden of the years, as they flow into the realm of the past, is, "We have seen the birth of error, and its death; we know the growth of truth, and how it endures triumphant amid the general decay." In religions, in politics, and in the domain of literature, all the tendencies of current thought bear witness to the truth of this historical generalisation; but probably in no department is the "Survival" more demonstrated than in the realm of practical science. Here we see more and more the popular antagonism to the dictates of autocratic authority, which constitutes the intellectual key-note of our era. In matters affecting the health and life of entire peoples, experience may now be fairly described as taking the place long occupied by the customs of the theorists. Wisdom is being justified by her children; and the descendants of those who in the past suffered for the sake of the truth and freedom we enjoy, owe it tostheir ancestors that, by no act of theirs. The truth shall not be tampered with, nor freedom impaired.

The Herbalist may be forgiven if he leaves for a moment the glowing promise which the future holds in store for his profession, to review a little of the history of his cause. We are becoming accustomed to the phenomena of all the medical "faculty" turning towards us as to the light, after the sick ones of the world had for weary centuries suffered and died because their blind doctors would not admit our "unauthorised" experience. Happily, the day is gone for ever when bleeding was the official remedy for every ill; but it is necessary to periodically remind a forgetful public that only by the zeal of medical reformers—the unauthorised practitioners of their day—has this evil been removed. The comparative readiness with which eclectic, and particularly herbal, remedies are received to-day is a sufficient vindication of the work of our leaders in the past; the seed they have sown is beginning to bear fruit. As an instance of the latter-day growth of medical wisdom in this direction, a study of the "British Pharmacopœia" is interesting. By comparing early issues with the "British Pharmacopœia" of more recent dates, the advance of the herbal treatment is strikingly manifested. With all its faults, apparent enough to a botanical student, the 1885 edition of the "British Pharmacopœia" is a magnificent justification of the work of Thomson and his immediate successors.

Curiously enough, the word "Botany" etymologically relates to diet rather than medicine. As far as the writer is aware, the first definitely ascertained application of the art of Medical Botany is mentioned by Josephus (Chap. iii., Book VIII., "Antiquities of the Jews"), who describes how Eleazar used a root whose potency Solomon's wisdom had discovered in the cure of certain forms of madness. To Hippocrates belongs the honour of reducing Medical Botany to a science. He collected facts from all sources, conceiving that nothing was too small or unimportant, if true, to be worth consideration. He is known to all time as the Father of Medicine; but a study of his life-work brings with it a mingled emotion. Combined

with our intense reverence for his gigantic abilities, we find ourselves involuntarily wondering that pharmacy has made such little progress since the days of Hippocrates. The image of this great master is portrayed on every diploma issued in our day to successful medical students, yet the study of his surest principles is entirely omitted from the curricula of the medical schools. Bostock's "History of Medicine" tells us that the Materia Medica of Hippocrates was practically "confined to vegetable substances; anatomy was scarcely practised, and physiology almost unknown."

In England the Druids practised botanical healing; in fact, the priests in Druidical times were as much doctors as ministrants of their religious rites. Many of these latter were actually intimately connected with the art of healing. The mistletoe, which was cut amidst such superstitious awe, was devoted to the cure of sterility, and as an antidote to poisons.

Our country has never been without its witness to the beneficent uses of medical botany; and although America may perhaps claim with justice the title of pioneer in the modern development of our cause, England has a history of herbal progress worthy of her position amongst the nations of the world. Englishmen are essentially practical, and the botanical treatment has gradually recommended itself to our countrymen by its extreme simplicity. The mystery surrounding the orthodox treatment by drugs has slowly but certainly led to its decline from public favour; the reluctance of the ordinary physician to explain his procedure to those most interested, and to whom he looks for his payments, has inclined the popular ear to the simpler methods of the herbalist.

The herbal treatment, again, is accessible and inexpensive. Its remedies are as familiar as our daily bread. On every hedge, in every meadow, beside the brook, and wherever plant, shrub, tree, or grass finds space to breathe, there are the herbalist's medicines. The brute creation knows them, and the feathered songster has but one source for its medicine and its meat. Man is returning to his earliest teachers, science is accustoming him to more simple modes of life, the unwise habits of his immediate ancestors are losing their attraction for him. He is beginning to look back with envy to the days when men, nursed and fed by nature, developed muscles of iron, and boasted a mighty physique. "There were giants on earth in those days," and consumption was unborn.

SPITTING OF BLOOD.

THIS is a discharge of blood of a frothy nature from the lungs, generally attacking weak, delicate, slender persons.

CAUSES.—It may proceed from weakness of the lungs, bad conformation of the breast, a violent cough, cold, breathing impure air, violent exercise, excessive drinking, obstruction of the circulation of the blood through the lungs, wrestling, running, singing, or speaking aloud, blowing on wind instruments to excess, wounds in the lungs, consumption, inflammation of the lungs, &c.

SYMPTOMS.—Oppression upon the chest, a dry tickling cough, hoarseness, difficult respiration, costiveness, flatulency, lassitude, pains in the lumbar regions, coldness of the extremities, &c. In some cases it is difficult to detect whether it proceeds from the lungs, throat, gums, or nostrils; when, however, it is accompanied with alternative chills, tightness across the chest, and difficult respiration, it proceeds from the lungs.

TREATMENT.—Prepare the following: Bistort, ½ oz.; Agrimony, ½ oz.; Tormentil Root, ½ oz.; Peruvian Bark, ½ oz.; Cranesbill, ½ oz. Boil in a quart of water ten minutes, strain, add as much Cayenne as will lie on a threepenny piece, bottle, and take a wineglassful three times a day. Take a Lobelia Pill two or three times a day.

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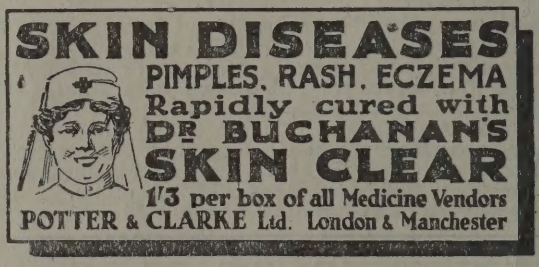

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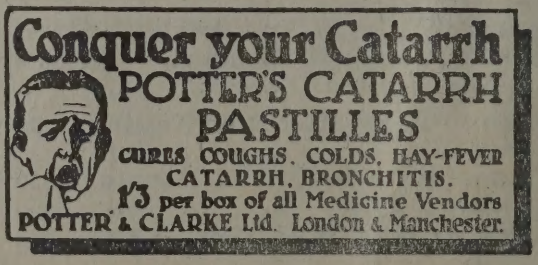

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